

# SPECIAL EVENTS

## The Senior Center's "Thankful Tree" Tuesday, November 2, 9:30 a.m.

Let us build a tree to be thankful for! We will provide the foliage to write a thankful message on so you may hang it from the tree.

## Beginner Line Dancing

**Tuesdays, 10 a.m.**

Dance your way through this month-long class! Pre-registration required.

## National Stress Awareness Day

**Wednesday, November 3, 11 a.m.**

Join us as we discuss stressors in our lives and develop a routine to help ease tension.

## Morning Movie: *Holiday in the Wild*

**Friday, November 5, 10 a.m.**

A recently divorced, empty nester, embarks on a solo second honeymoon in Africa during the holidays. Finding purpose and potential romance.

## Fresh Conversations

**Mondays, November 8-December 12, 10 a.m.**

Enjoy a one-hour interactive class focused on a variety of health and nutrition topics. There will be lively discussions, and physical activity demos. Class will be held weekly for 6 weeks. Pre-registration required.

## Veterans Day Sundaes

**Wednesday, November 10, 12:30 p.m.**

Join us as we honor our Veterans with an ice cream sundae. Don't forget to wear your Red, White, and Blue!

## National Button Day

**Tuesday, November 16, 10:30 a.m.**

Time to celebrate the function of a button and the hobby of button collecting. Step aside other fasteners, time to honor the button!

## Chesapeake Garden Club: Fall Flower Arrangement

**Thursday, November 18, 10 a.m.**

Make your own centerpiece for your Thanksgiving table. Supplies included. Must pre-register. Free.

# NOVEMBER 2021



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Adventures in Art +\$ <b>10:30A</b> Let's Move with Treva <b>12:30A</b> Penny Bingo <b>1:00P</b> Caring and Sharing Bible Study	<b>8:30A</b> Stability Ball with Anna <b>9:00A</b> Open Sewing (All day) <b>9:30A</b> Ceramics \$ <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor + <b>9:30A</b> Open Art Studio <b>10:30A</b> Let's Move with Kathy <b>12:30P</b> Penny Bingo	<b>8:30A</b> Mats with Anna <b>9:00A</b> Open Art Studio <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:45A</b> Susan's Boot Camp "Lite" <b>9:30A</b> Open Art Studio <b>10:30A</b> Let's Move with Treva <b>12:30A</b> Penny Bingo
Tuesdays Fitness Center Orientations: 2-4 p.m.		OTHER SCHEDULED ACTIVITIES		Thursdays Fitness Center Orientations: 9-11 a.m.
<b>10:45A</b> Yin Yoga \$ <b>11:00A</b> Real Conversations	<b>9:00A</b> Ask the Nurse <b>9:30A</b> "Thankful Tree" Building <b>10:00A</b> Beginner Line Dancing +	<b>11:00A</b> National Stress Awareness Day	<b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>10:00A</b> Morning Movie: <i>Holiday in the Wild</i> <b>1:00P</b> Living Well with Diabetes +
<b>10:00A</b> Fresh Conversations: <i>Healthy Foods, Healthy Brain</i> + <b>10:45A</b> Yin Yoga \$	<b>10:00A</b> Beg. Line Dancing + <b>11:00A</b> Veterans Support Group	<b>11:00A</b> "Did You Know?" <b>12:30P</b> Veterans Day Sundaes +	<b>CLOSED FOR OBSERVANCE OF VETERANS DAY</b>	
<b>9:00-11:30A</b> CalvertHealth Mobile Health Center <b>10:00A</b> Fresh Conversations: <i>Inflammation</i> +	<b>10:00A</b> Beginner Line Dancing + <b>10:30A</b> National Button Day <b>10:30A</b> Senior Council Meeting	<b>11:00A</b> Nature Talk with Lisa Garrett: <i>Let's Talk Turkey</i>	<b>10:00A</b> Garden Club: Fall Flower Arrangement + <b>12:00P</b> Thanksgiving Luncheon + <b>1:00P</b> Scribblers Writing Group	<b>9:00A</b> Fitness Fridays <b>10:00A</b> Bingo Marathon <b>1:00P</b> Living Well with Diabetes +
<b>NO LET'S MOVE</b> <b>10:00A</b> Fresh Conversations: <i>Cancer: Preventable, Not Inevitable</i> + <b>11:00A</b> NovaCare Rehab Talk: <i>Hip &amp; Knee Education</i>	<b>10:00A</b> Beginner Line Dancing + <b>10:30A</b> "Thankful Tree" Reading <b>12:30P</b> Open Coffee Bar	<b>11:00A</b> "Did You Know?"	<b>CLOSED FOR OBSERVANCE OF THANKSGIVING</b>	
<b>10:00A</b> Fresh Conversations: <i>Macular Degeneration: Sight-Saving Strategies</i> + <b>10:45A</b> Yin Yoga \$	<b>10:00A</b> Beginner Line Dancing +	<b>Thanksgiving Luncheon</b> <b>Thursday, November 18, 12 p.m.</b> Let's all come together for a traditional Thanksgiving meal. Pre-register for lunch is required.		\$ = Fee + = Pre-registration required



# SPECIAL EVENTS

## Holiday Krafting with Karla

**Thursday, December 2, 10 a.m.**

Who loves crafting for the holidays? See Karla for details, pricing, and registration.

## Holiday Carnival

**Friday, December 3, 10 a.m.**

The Carnival's in town for the holidays! Join the Senior Council and Staff at their booths for some holiday games and prizes. Pre-registration required.

## National Sock Day

**Monday, December 6, 8:30 a.m.**

Let's recognize the rarest of all lasting unities, the marriage of matched socks. Wear your craziest pair of socks. Someone will be judging for the best pair!

## Christmas Luncheon

**Friday, December 10, 12 p.m.**

Time to get together for some Chicken Cordon Bleu and to celebrate the upcoming holiday. Pre-registration required.

## Morning Movie: Dolly Parton's Christmas on the Square

**Tuesday, December 21, 10 a.m.**

Seasonal cheer comes to a halt when a cold-hearted woman tries to sell her hometown's land. Can music, magic, and memories change her mind?

## National Re-Gifting Day

**Thursday, December 23, 10 a.m.**

Pre-register at the front desk to join in on a fun "re-gifting" gift exchange. Bring a gift valued at \$10 or less for the gift exchange.

## Morning Movie: TBD

**Tuesday, December 28, 10 a.m.**

Join us for a morning movie, details to come.

## New Year's Eve Toast

**Thursday, December 30, 12:30 p.m.**

Let's ring in the New Year with a bubbly toast and discuss our goals for 2022!

# DECEMBER 2021



# NORTH BEACH NEWS

9010 Chesapeake Ave., North Beach MD 20714

Phone: 410-257-2549 Fax: 410-286-8095

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:45A</b> Susan's Boot Camp "Lite" <b>9:00A</b> Adventures in Art +\$ <b>10:30A</b> Let's Move with Treva <b>12:30A</b> Penny Bingo <b>1:00P</b> Caring and Sharing Bible Study	<b>8:30A</b> Stability Ball with Anna <b>9:00A</b> Open Sewing (All day) <b>9:30A</b> Ceramics \$ <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Behavioral Health Counselor + <b>9:30A</b> Open Art Studio <b>10:30A</b> Let's Move with Kathy <b>12:30P</b> Penny Bingo	<b>8:30A</b> Mats with Anna <b>9:00A</b> Open Art Studio <b>12:45P</b> Hand and Foot (Cards)	<b>8:30A</b> Information and Assistance <b>8:45A</b> Susan's Boot Camp "Lite" <b>9:30A</b> Open Art Studio <b>10:30A</b> Let's Move with Treva <b>12:30A</b> Penny Bingo
Tuesdays Fitness Center Orientations: 2-4 p.m.		OTHER SCHEDULED ACTIVITIES		Thursdays Fitness Center Orientations: 9-11 a.m.
		\$ = Fee + = Pre-registration Required	1 2 <b>10:00A</b> Holiday Krafting with Karla +\$ <b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	3 <b>10:00A</b> Holiday Carnival +  <b>NO LET'S MOVE</b>
<b>8:30A</b> National Sock Day <b>10:00A</b> Fresh Conversations: <i>Are Healthy Bones Important?</i> + <b>10:45A</b> Yin Yoga \$	<b>9:00 - 11:30A</b> Ask the Nurse <b>NO FITNESS CENTER ORIENTATIONS</b>	<b>11:00A</b> "Did You Know?"	<b>11:00A</b> Nutrition Talk: <i>Anti-Inflammatory Lifestyle</i>	<b>9:00A</b> Fitness Fridays <b>10:00A</b> Bingo Marathon <b>12:00P</b> Christmas Luncheon +
<b>10:00A</b> Fresh Conversations: <i>Fuel Your Independence with Protein</i> + <b>10:45A</b> Yin Yoga \$	<b>11:00A</b> Veterans Support Group	<b>11:00A</b> Nature Talk with Lisa Garrett: <i>Let It Snow</i>	<b>1:00P</b> Scribblers Writing Group <b>2:00P</b> Open Coffee Bar	<b>CENTER CLOSSES AT 12:30</b>
<b>9:00 - 11:30A</b> CalvertHealth Mobile Health Center <b>11:00A</b> Real Conversations	<b>10:00A</b> Morning Movie: <i>Dolly Parton's Christmas on the Square</i> <b>10:30A</b> Senior Council Meeting	<b>11:00A</b> "Did You Know?"	<b>10:00A</b> National Re-Gifting Day+	<b>CLOSED FOR OBSERVANCE OF CHRISTMAS</b>
<b>10:45A</b> Yin Yoga \$	<b>10:00A</b> Morning Movie:TBD		<b>12:30A</b> New Year's Eve Toast	